Intervention: Postponing Sexual Involvement (PSI) - Human sexuality and health screening

Finding: Sufficient evidence for effectiveness

Potential partners to undertake the intervention:

☐Nonprofits or local coalitions   ☐Businesses or labor organizations
☒Schools or universities   ☐Media
☒Health care providers   ☐Local public health departments
☐State public health departments   ☐Policymakers
☐Hospitals, clinics or managed care organizations   ☐Other:

Background on the Intervention:

Postponing Sexual Involvement (PSI) - human sexuality and health screening is a two-year intervention, beginning in the seventh grade. It consists of three 45-minute classroom sessions on reproductive health, delivered by health professionals to seventh graders and again the next year to eighth graders, as well as five 45-minute sessions of Postponing Sexual Involvement for seventh graders, led by trained peer leaders (10th and 11th graders). In addition, the program includes eight brown-bag sessions for small groups of eighth grade program participants, an eighth grade assembly, and a contest for eighth grade participants.

The program also utilizes a full-time health professional from outside the school, and individual health risk screening of students.

Findings from the systematic reviews:

Program evaluations found delayed initiation of sexual intercourse and increased use of contraception among female participants.

Limitations/Comments:

This program is recommended for use with seventh and eighth grade students, African American youth, economically disadvantaged youth, and youth at higher risk, defined by responses to a health assessment survey, including reports of substance use, physical abuse, sexual activity, or emotional problems.

References:

Alford, S. Science and Success: Sex education and other programs that work to prevent teen pregnancy, HIV and Sexually Transmitted Infections; 2003. Available online at:
Advocates for Youth - http://www.advocatesforyouth.org/publications/ScienceSuccess.pdf

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